



Maple-Walnut Shortbread Cookies

READY IN



240 min.

SERVINGS



48

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.3 cup sugar
- ☐ 1.5 cup walnuts toasted finely chopped
- ☐ 1 egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon peppermint flavoring
- ☐ 6 oz semi chocolate chips

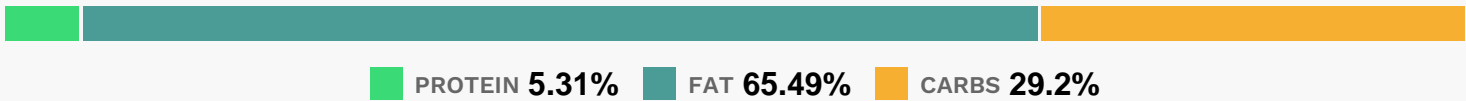
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ In large bowl, beat butter and sugar with electric mixer on medium speed 30 seconds or until smooth.
- ☐ Add 1/2 cup of the walnuts and the egg yolk; beat until blended. On low speed, beat in flour, baking powder, salt and maple flavor until stiff dough forms. Shape dough into a ball. Wrap in plastic wrap; refrigerate 45 minutes.
- ☐ Heat oven to 350°F. Divide dough into 8 equal parts. On lightly floured surface, shape each part into a rope 12 inches long and 3/4 inch thick.
- ☐ Cut into 2-inch lengths. On ungreased cookie sheets, place cookies about 2 inches apart; flatten slightly.
- ☐ Bake 15 to 17 minutes or until edges begin to brown. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely.
- ☐ In small microwavable bowl, microwave chocolate chips uncovered on High 1 minute 30 seconds, stirring every 30 seconds, until chips can be stirred smooth. In another small bowl, place remaining 1 cup walnuts. Dip 1/2 inch of 1 long side of each cookie into chocolate, then coat chocolate edge with walnuts.
- ☐ Place on waxed paper; let stand about 2 hours until chocolate is set.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:3.92, Inflammation Score:-2, Nutrition Score:2.3582608886063%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 103.9kcal (5.19%), Fat: 7.73g (11.89%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.09g (2.58%), Sugar: 2.8g (3.11%), Cholesterol: 14.43mg (4.81%), Sodium: 52.08mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 1.41g (2.82%), Manganese: 0.21mg (10.38%), Copper: 0.11mg (5.51%), Vitamin B1: 0.06mg (3.69%), Selenium: 2.51µg (3.58%), Folate: 13.8µg (3.45%), Magnesium: 13.3mg (3.32%), Iron: 0.59mg (3.3%), Phosphorus: 31.91mg (3.19%), Fiber: 0.67g (2.68%), Vitamin A: 126.09IU (2.52%), Vitamin B2: 0.04mg (2.16%), Vitamin B3: 0.38mg (1.9%), Zinc: 0.26mg (1.71%), Calcium: 13.1mg (1.31%), Potassium: 43.38mg (1.24%), Vitamin B6: 0.02mg (1.23%), Vitamin E: 0.17mg (1.13%)